Monday, August 26, 2013

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Honest to a J.T.

Trudeau's pot-smoking confession is apparently part of a branding strategy setting him apart from the typical 'duck and dodge' politician PAGE 9

Pulling ourselves up by our lunar bootstraps

Canada looks to send its first astronaut to the moon PAGE 10

Franny and Zooey II: The fat lady sings?

Biographers say posthumous releases of five J.D. Salinger novels about the Glass and Caulfield families are in the works PAGE 12

Biggest Pride ever

Thousands of people of every orientation and identity under the rainbow flocked to Ottawa's Capital Pride Parade Sunday, a gathering that capped what festival organizers say was their best attended ever. SEE STORY ON PAGES 6 & 7

SEAN MCKIBBON/METRO

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Turned themselves in

Cops arrest three more men in transit-station sex assault

Three more men have been charged in an alleged Aug. 11 sexual assault after police released a security-video image of three suspects.

Police said Friday they had arrested and charged Warsama Youssouf, Maher Fafayi and Christian Kadima, all 19 years old. The trio turned themselves into police Thursday and were charged with sexual assault, sexual interference, invitation to sexual touching, forcible confinement and intimidation. A fourth man, and the first to be arrested in the case, Hanten Hersi, made a court appearance Thursday via video teleconference. Hersi was also charged with intimidation and breach of recognizance. METRO

In serious condition

Man stabbed on Dalhousie Street hospitalized

A man in his mid-20s was taken to hospital in serious condition Saturday after a reported stabbing on Dalhousie Street.

Ottawa police were called to the 400 block of Dalhousie Street, near Rideau Street, just before 2 a.m. on Saturday, after receiving reports of a man stabbed on the street. He was taken to hospital in serious but stable condition.

Anyone with information about the stabbing is being asked to contact Ottawa police.

METRO

A dealer stacks chips at Hollywood Slots in Bangor, Maine. The mayor is expecting a last-minute response from the province concerning the city's request to have two gambling zones in Ottawa. ROBERT F. BUKATY/THE ASSOCIATED PRESS FILE

Wynne holds cards close until 11th hour

Tight schedule. The mayor expects to see province's position on casinos a mere hour and a half before meeting

ALEX BOUTILIER
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The Mayor's Office expected to have precisely an hour and a half to digest the province's response to Ottawa City Hall's push for two casino zones in the city.

Mayor Jim Watson said on Sunday the province had committed to providing the city with its position by 8 a.m. Monday morning. The finance and economic development committee was scheduled to meet at 9:30 a.m. to consider whether the city will forge ahead with two requests for proposals, or if it will push for expanded operations at the Rideau Carleton Raceway.

"My preference would have been that we would have got it on Friday," said Watson Sunday afternoon. "I would have liked to have a little bit more time, but that's their call."

Watson said the province's response will be circulated to councillors and media as soon as his office receives it.

Watson has been pushing for two casino zones for the city as Ontario Lottery and Gaming rolls out its "modernization" exercise — one at the RCR and one at another as-yet-undecided location. That push was dismissed by former OLG president Paul Godfrey, who has since been turfed from the position.

Premier Kathleen Wynne has only said that the casino issue should be dealt with locally, even though the decision on gambling zones is a provincial one.

Should the province indicate again that Ottawa can only support one zone, Watson said he'd prefer to see gambling operations limited to the RCR.

The city's public health board — which includes five councillors — recently voted against expanding gambling anywhere in the city, saying harm mitigation and treatment services were already insufficient for the city.

When asked if he thought four councillors voting against a new casino meant political support for the project was waning, Watson said: "I think a lot of it is going to be dependent on what the province says."

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Minister of Foreign Affairs John Baird and Orleans' Conservative MP Royal Galipeau light candles at the St. Mary Coptic Orthodox Church in Nepean to show solidarity with Egyptians. GRAHAM LANKTREE/METRO

John Baird stands with Ottawa's Egyptian Copts

Church visit. Foreign Affairs minister reaches out to community

Ottawa's Coptic Christian community urged Minister of Foreign Affairs John Baird to do more to protect Coptic Egyptians and quell violence in Egypt after the ouster of president Mohamed Morsi.

"We do believe that they can do something if the people there in Egypt trust them," said Father Shenouda Boutros, leader the St. Mary Coptic Orthodox Church in Nepean.

"You cannot negotiate with violence or terrorists," he said, as he urged the federal government to convince different religious denominations in Egypt to come together and discuss their common interests and "assure them that Canada is serious to help them to build a real democracy and real religious freedom."

Baird stood by Canada's stance that Morsi should not be reinstated as president.

"The former president became autocratic and did not want to build a peaceful, inclusive society," he said, after lighting a candle and meeting with the church fathers.

"What we are calling for is all peaceful actors to come together to stop the violence and establish a civil society and move toward elections. I don't know how the Coptic Christian community in Egypt could participate in elections when their churches are on fire."

Context

Baird made his statements as thousands of Morsi supporters joined protests Friday after a bloody week of clashes between the group and government forces.

- Hundreds of protesters have been killed since the interim government attempted to break up camps on Aug. 14.

Baird believes the interim government is dealing with terrorist elements, he said, after 25 police officers were ambushed and killed Monday as they rode in minibuses in Egypt's northern Sinai Peninsula. GRAHAM LANKTREE/METRO

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For the first time in 10 years, the Capital Pride Parade moves north along Bank Street through the city's newly designated LGBT

'Say it loud, say it proud'

Street party with a cause. Record turnout for Ottawa's 2013 Capital Pride Parade

ALEX BOUTILIER
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Organizers are calling this year's Capital Pride Parade the largest in the event's history, drawing thousands to Bank and Laurier streets to watch Ottawa's most colourful festival.

Pride board member Brodie Fraser called Sunday's parade "historic," as throngs of people poured through the gates at Ottawa City Hall for the post-parade party.

"The amount of people we saw along the route is more than we've ever seen before," said Fraser. "It's really incredible, the support from the community.... Just walking down the street today, you could really see the streets were just packed. The attendance has been through the roof."

The parade returned to Bank Street for the first time in a decade on Sunday, moving through the newly designated Village to Laurier Avenue before finishing at city hall.

It had all the usual trappings of a pride parade — music, costumes, flamboyant floats and, of course, super-soakers.

It was a lot different from what Marie Robertson remembers from when she came out in 1970.

"It was a very different time, a very scary time to be out. We could be denied employment, housing. We didn't have basic human rights until 1986 when the Canadian Human Rights Act was rewritten," Robertson, a community developer for the Ottawa Senior Pride Network, said Sunday. "Lots has changed, but there's still more work to do."

Supporters like Stephanie Proulx were also out in force. It was Proulx's second time attending the parade, and she had come straight from work despite breaking her foot.

"I think Pride is super important. I have so many friends and family who are gay," Proulx, a local nurse, said. "I'm here to support them."

Village on Sunday. SEAN MCKIBBON/METRO

Grand marshal J.J. (Jay) Koornstra waves to other marchers as they arrive at Marion Dewar Plaza.
SEAN MCKIBBON/METRO

A marcher reminds parade-goers of issues facing the homosexual community in Russia, where recent anti-gay legislation has provoked backlash from the international community in the leadup to the 2014 Sochi Olympics.
ALEX BOUTILIER/METRO

Pride princess: A marcher is dressed to the nines.
ALEX BOUTILIER/METRO

A reveller tries to super-soak nearby onlookers.
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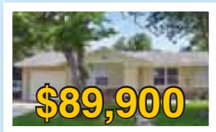

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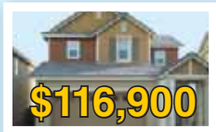

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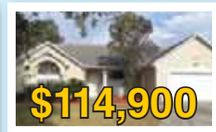

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ORLANDO, FL
3 Bedrooms, 2 Bath

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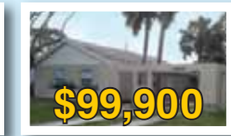

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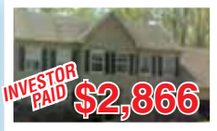

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Trudeau's toke tale aimed at dispelling smoke and mirrors

Transparency. Liberals hope host of measures will bring more public support than trouble

There is method to Justin Trudeau's reefer madness.

His willingness to confess his past proclivity for puffing pot is part of a strategy to brand the Liberal leader as a different kind of politician — one who's transparent, even to a fault.

It's a risk that could pay off big or blow up in his face, Liberal insiders acknowledge.

His voluntary admission last week that he took a pull on a joint at a dinner party three years ago — while he was an MP — wasn't the first example of Trudeau's perilous frankness and it won't be the last.

During the leadership contest last spring, Trudeau voluntarily disclosed all his sources of income, including more than $1 million earned on the public-speaking circuit.

The fact that he continued to accept hefty speaking fees from charitable groups and educational institutions after being elected as an MP sparked sufficient backlash that he eventually offered to refund any dissatisfied group. In the end, none took him up on the offer.

Justin Trudeau's call to legalize weed has the added benefit of appealing to those who normally vote NDP, strategists contend. FRANCIS VACHON/THE CANADIAN PRESS FILE

"It's the type of leadership that (Canadians) have been waiting for," Liberal House leader Dominic LeBlanc wrote on the pot controversy in a blog on the party's website last week.

"Rather than duck and dodge, our leader gave straight answers to tough questions."

The commitment to transparency isn't going to be confined to the leader, however.

During a three-day caucus retreat in P.E.I. that begins Tuesday, Liberal MPs and senators are to be presented with a template for publicly disclosing their expenses online. That's in keeping with a promise made by Trudeau last spring amid the uproar over the Senate expenses scandal.

MPs will also be given a rundown on how the party intends to handle Trudeau's pledge to hold open nominations in every riding across the country, forgoing the leader's power to appoint candidates or protect incumbents from challenges.

THE CANADIAN PRESS

Migrants killed by train derailment in Mexico

A notorious cargo train known as "the Beast," carrying at least 250 Central American hitchhiking migrants, derailed in a remote region of southern Mexico on Sunday, killing at least five and injuring 17, authorities said.

The train company and rescue workers were bringing in two cranes to help search for more victims among the derailed cars, officials said. Thousands of migrants ride the roofs of the cars on their way north each year, braving brutal conditions for a chance at crossing into the U.S.

The Tabasco state government said at least 250 Honduran migrants were on the train heading north from the Guatemala border. Heavy rains had loosened the earth beneath the tracks and shifted the rails, officials said.

Turned away

32,000

The number of Hondurans deported by the U.S. last year. Authorities say it's hard to estimate the true number crossing north.

Honduran President Porfirio Lobo set up a call centre for families to learn information about their loved ones.

The head of civil protection for Mexico's Interior Department, Luis Felipe Puente, released a list of 17 Hondurans ranging in age from 19 to 54 who were taken to two regional hospitals. Six of them were in serious condition, according to the list he published on Twitter.

Tabasco state Civil Protection chief Cesar Burelo Burelo said the accident happened at 3 a.m. in a marshy area surrounded by lakes and forest that is out of cellphone range.

While the number of Mexicans heading to the U.S. has dropped dramatically, there has been a surge of Central Americans making the 1,600-kilometre journey, fuelled in large part by the rising violence brought to their homelands by the spread of Mexican drug cartels. THE ASSOCIATED PRESS

'Discrimination' or not?

FIFA awaits reply on Russian gay law

FIFA president Sepp Blatter expects a reply within days from the government in Russia, the 2018 World Cup host, after requesting clarification of its law prohibiting gay "propaganda."

Blatter said Sunday that he asked "by letter and by personal contacts" up to President Vladimir Putin for details about legislation which has provoked an international furor ahead of the 2014 Sochi Olympics.

FIFA statutes state that discrimination is "punishable by suspension or expulsion" for individuals in football or member federations. THE ASSOCIATED PRESS

Netherlands

Protesters mock Putin's gay policy

More than 2,000 people protested in Amsterdam on Sunday, condemning the Russian government's homosexuality policies.

An enormous blow-up doll caricature of Russian President Vladimir Putin stood bare-chested and draped in a rainbow flag.

Mayor Eberhard van der Laan hopes it sent the message that "love is not propaganda." The two countries have named 2013 as a year to celebrate historical ties — but Van der Laan declined to meet with Putin when he visited in March, sending a lesbian councilwoman in his place. THE ASSOCIATED PRESS

Myanmar

Buddhist mob sets Muslim homes, businesses ablaze

Members of a 1,000-strong Buddhist mob torched dozens of homes and shops in Myanmar following rumours that a Muslim man tried to sexually assault a woman, officials and witnesses said Sunday, as the country was again gripped by sectarian violence.

State TV reported that about 42 houses and 15 shops were burned and destroyed — most belonging to Muslims.

The unrest began last year, when nationalist Buddhists accused a Muslim community of illegally entering the country and encroaching on their land. THE ASSOCIATED PRESS

. . . and less time here.

Canada looking to send its first astronaut to the moon

Global Exploration Roadmap. A return to the moon within two decades is part of a plan developed by 14 space agencies

Canada could be sending its first astronaut to the moon under an ambitious long-term plan being developed by a group of space agencies around the world.

Canada is among the 14 space agencies participating in the International Space Exploration Coordination Group, which first started developing the strategy in 2007.

An early phase of the plan would put a new space station into orbit around the moon, and use it as a staging point to ferry astronauts back and forth. It's part of a roadmap that lays out human and robotic missions in the solar system over the next 25 years, with the other components including a moon settlement and a proposal to capture a near-Earth asteroid.

Jean-Claude Piedboeuf, the director of space-exploration development at the Canadian Space Agency, says there's an agreement among space agencies that returning to the moon is a stepping stone to a more distant target: Mars.

It would be the first human visit to the moon since 1972, when NASA astronauts Eugene Cernan and Harrison Schmidt spent 75 hours there. THE CANADIAN PRESS

Test bed

"You need to master how to land on a planet — and the moon can be a test bed for that."

Jean-Claude Piedboeuf, director of space-exploration development at the Canadian Space Agency

Astronaut Edwin E. "Buzz" Aldrin, Jr., lunar module pilot, prepares to walk on the moon in this July 20, 1969, file photo. Canada could be sending its first astronaut to the moon under an ambitious long-term plan.

NASA/THE ASSOCIATED PRESS/THE CANADIAN PRESS FILE

It wriggles, it squeals, it's adorable. Panda cub doing well: Zookeepers

The giant panda cub at Washington's National Zoo appears to be in excellent health, zookeepers reported after a 10-minute physical exam Sunday morning.

The panda, born Friday afternoon, weighs 136 grams, is pink with white fur and wriggled and squealed loudly when it was taken away from its mother, zoo officials said.

The mother, Mei Xiang was agitated when the cub was taken away from her, pacing and growling in her den, but the mother calmed down immediately after the cub was returned to her and she began cradling it.

A second cub was stillborn Saturday night. Zoo officials aren't sure what prevented the stillborn cub from developing, but it had abnormalities around its head and was missing its brain.

Mei Xiang gave birth to her only surviving cub, a male named Tai Shan, in 2005. Tai Shan enjoyed rock star status before he was returned to China in 2010. China owns the pandas at the zoo.

Mei Xiang gave birth to a cub last year after several years of failed breeding, but the cub died after six days. Its lungs hadn't fully developed and likely weren't sending enough oxygen to its liver. THE ASSOCIATED PRESS

A member of the panda team at the Smithsonian's National Zoo performs the first neonatal exam Sunday on a giant panda cub born Friday. COURTNEY JANNEY, SMITHSONIAN'S NATIONAL ZOO/THE ASSOCIATED PRESS

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Syria OKs chemical attack investigation

UN probe. Several countries urge military action if strike alleged to have killed more than 300 is verified

Syria agreed Sunday to a UN investigation into last week's alleged chemical weapons attack outside Damascus — a deal a senior White House official dismissed as "too late to be credible," saying the United States has "very little doubt" President Bashar Assad's forces used such weapons.

The hardening of the U.S. position came as calls for military action grow. In a sign the U.S. may be a step closer to an armed response, naval forces have already been dispatched toward Syria's coastal waters, although President Barack Obama has cautioned against a hasty decision.

With France, Britain, Israel and some U.S. congressmen urging swift military action against Assad's regime if the use of chemical agents is confirmed, the UN team's conclusions could have a dramatic impact on the trajectory of the country's civil war.

The agreement struck in Damascus calls for UN experts already in the country to begin an investigation Monday into the suspected chemical attack on rebel-held areas in the capital's eastern suburbs.

Anti-government activists and Doctors Without Borders say that more than 300 people were killed in an artillery barrage by regime forces Wednesday that included the use of toxic gas. The government calls the allegations "absolutely baseless."

THE ASSOCIATED PRESS

Applying pressure

Baird, Harper share outrage with leaders

John Baird
THE CANADIAN PRESS

Foreign Affairs Minister John Baird and other western leaders applied more pressure on Syria on Sunday, with a call for Syrian authorities to allow the United Nations access to the site of last week's alleged chemical attack.

Officials in Baird's office said he had separate phone conversations on Sunday with U.S. Secretary of State John Kerry and Foreign Minister of the French Republic Laurent Fabius. He spoke with British Foreign Secretary William Hague on Friday.

The ministers "shared their outrage" about recent events in Syria, especially the purported use of chemical weapons, said a foreign affairs official in an email.

Prime Minister Stephen Harper also was pulling the diplomatic levers over the weekend, discussing the situation in Syria by phone in separate conversations with British Prime Minister David Cameron and French President Francois Hollande.

THE CANADIAN PRESS

Saudi Arabia

Another dies of SARS-like illness

Saudi Arabia says one more man has died from a new respiratory virus related to SARS, bringing to 40 the number of deadly cases in the kingdom at the centre of the growing outbreak.

The Saudi Health Ministry said Sunday the 51-year-old man who died in Riyadh was also suffering from cancer and other chronic diseases.

THE ASSOCIATED PRESS

Iraq

Attacks kill at least 46 people

Insurgents bent on destabilizing Iraq killed at least 46 people in numerous attacks scattered around the country on Sunday, striking targets as varied as a coffee shop, a wedding party convoy and a carload of off-duty soldiers.

The attacks are part of a months-long wave of killing that is the country's worst spate of bloodshed since 2008, calling into question the security forces' ability to protect the country.

THE ASSOCIATED PRESS

Indian Bollywood actress Sonam Kapoor, right, holds a banner as she participates in a protest against the gang rape of a photojournalist in Mumbai, Sunday. Under intense pressure, police have acted quickly to hunt down the five suspects in the case. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Last arrests made in gang rape

Police on Sunday arrested the last of five men wanted in the gang rape of a photojournalist in Mumbai, and said charges would be filed soon in a case that has incensed the public and fuelled debate over whether women can be safe in India.

The victim, a 22-year-old Indian woman, said she was anxious to return to work after Thursday night's assault, in which five men repeatedly raped her while her male colleague was beaten and tied up in an abandoned textile mill in the country's financial capital.

"Rape is not the end of life," the woman told the Times of India. A statement from Jaslok Hospital, where she has been since the attack, said her condition was being monitored but that she was "much better" and was being visited by family. Indian law forbids identifying rape victims by name.

Police arrested the fifth suspect Sunday in New Delhi, the capital, after rounding up the other four in Mumbai.

"We will file a comprehensive charge sheet soon," said Mumbai's police commissioner, Satyapal Singh, assuring that police had the evidence to prosecute the suspects, including the victim's testimony and medical samples taken at the hospital after the assault.

THE ASSOCIATED PRESS

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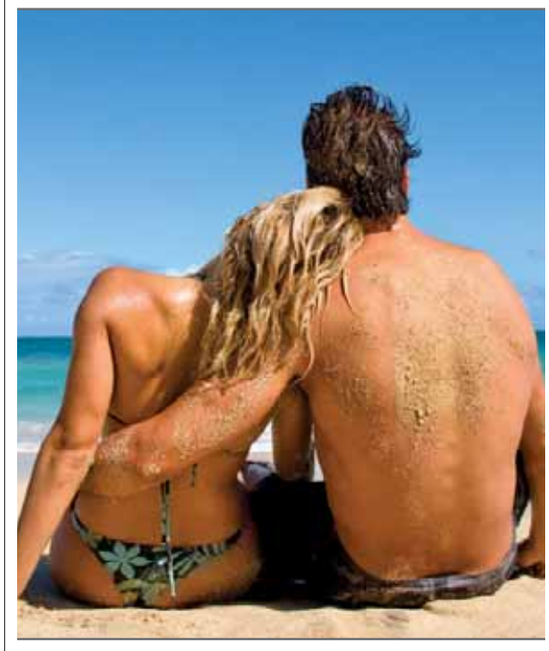

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A visitor holds a postcard of German Chancellor Angela Merkel before asking for her autograph during an annual open-house day at the Chancellery Sunday in Berlin. The popular politician's government is being criticized for talking to Washington about a deal that would eliminate regulatory trade barriers between the EU and U.S. SEAN GALLUP/GETTY IMAGES

Halt U.S. trade talks, Merkel's rival insists

NSA scandal. Social Democrat leader wants to stop negotiations until America says if it's wiretapping German government offices

New spying revelations

- The German magazine Der Spiegel says the U.S. National Security Agency secretly monitored the United Nations' internal video conferencing system by decrypting it last year.
- The weekly said Sunday that documents it obtained from American leaker Edward Snowden show the NSA decoded the system at the UN's headquarters in New York last summer.

German Chancellor Angela Merkel's election challenger says he would suspend negotiations with the U.S. over a trans-Atlantic free trade agreement until Washington clarifies details about National Security Agency surveillance programs.

Social Democratic leader Peer Steinbrueck, who is running for chancellor Sept. 22, said Sunday on ARD public TV that "I would interrupt the negotiations until the Americans say if German government offices and European institutions are bugged or wiretapped."

He criticized Merkel's government for talking to Washington about a deal that would eliminate regulatory trade barriers between the EU and U.S., while at the same time "we don't know if the Americans may be sitting under our desks with some technical devices."

Germany's independent privacy watchdogs say the surveillance programs breach an EU-U.S. pact meant to ensure cross-border data protection. THE ASSOCIATED PRESS

Publishing. More Salinger books planned, new bio says

The authors of a new J.D. Salinger biography are claiming they have cracked one of publishing's greatest mysteries — what The Catcher in the Rye novelist was working on during the last half century of his life.

Starting sometime between 2015 and 2020, a series of posthumous Salinger releases are planned, according to co-authors David Shields and Shane Salerno, whose biography, called Salinger, will be published Sept. 3. The Associated Press obtained an early copy. Salerno's documentary on the author is scheduled to come out Sept. 6.

Providing by far the most detailed report of previously unreleased material, the book's authors cite "two independent and separate sources" who they say have "documented and verified" the information.

The Salinger books would revisit Catcher protagonist Holden Caulfield and draw on Salinger's Second World War years and his immersion in Eastern religion. The material also would feature new stories about the Glass family of Franny and Zooey and other Salinger works.

Salinger's son, Matt Salinger, who helps run the author's literary estate, was not immediately available for comment. THE ASSOCIATED PRESS

J.D. Salinger at home in Cornish, N.H., with Emily Maxwell, his editor at The New Yorker. THE STORY FACTORY/THE ASSOCIATED PRESS FILE

Wallin watch. Energy firm settles class-action lawsuit

A U.S. court has approved a multimillion-dollar settlement in a securities-fraud class-action lawsuit against a bankrupt energy exploration company for which embattled Sen. Pamela Wallin was a director.

Between June 2007 and December 2011, Wallin was a paid member of the board of Oilsands Quest Inc., a Calgary-based exploration company. As a director, the Saskatchewan senator was named in the lawsuit along with fellow board members, TD Securities and Calgary consulting firm McDaniel and Associates.

The lawsuit, filed by investors in United States District Court in New York in 2011, alleged that Oilsands Quest and its directors overstated the value of the company's assets by $136 million. THE CANADIAN PRESS

Education

N.Y. sues over Trump University

New York's attorney general has sued Donald Trump for $40 million US, saying the real-estate mogul helped run a phoney Trump University that promised to make students rich but instead steered them into expensive and mostly useless seminars, and even failed to deliver promised apprenticeships.

Trump shot back that the Democrat's lawsuit is false and politically motivated. Attorney General Eric Schneiderman says many of the 5,000 students who paid up to $35,000 US thought they would at least meet Trump but instead all they got was their picture taken in front of a life-size picture of The Apprentice TV star. THE ASSOCIATED PRESS

Housing

Canadian firm to build 10,000 homes in Jamaica

A Canadian firm has signed a four-year agreement with Jamaica's government to build 10,000 homes. The island's housing ministry says Commonwealth Corporate Support Services will launch the $705-million project this year. Officials said the project aims to provide housing for Jamaica's middle class and that local workers will be trained and hired. THE CANADIAN PRESS

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NO DOUBT ABOUT PLASCO VOTE

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

Some proceedings at city hall are more suspenseful than others.

When the environment committee met last week to consider giving Plasco Energy Group until the end of 2014 to secure financing for its high-tech, garbage-to-energy gasification plant, there were stern warnings from members that their patience was not unlimited.

"Time is money and the longer you delay finding a solution to Trail Road, the more it could cost in the long run," said Coun. Scott Moffatt, who tabled a motion directing that if — if — council granted Plasco the extra time and it still wasn't enough, staff would start looking at competing technologies to deal with our ever-mounting trash.

The motion, city legal council advised, had been worked out carefully so as not to step on contractual obligations with Plasco. A lengthy and subtle debate ensued about just how hard staff would look for those alternatives. Certainly not a formal Request for Proposals from potential competitors, but maybe a Request for Expressions of Interest, or something less binding than that (Request for Expressions of Mild Interest?).

After about three hours of similar distinctions, the committee voted unanimously to give Plasco the extra time.

Outside Andrew Haydon Hall, staff had presciently already set up a post-meeting press conference, with backdrop, flags and (far too many) rows of chairs set up for the media in attendance. Up front, a table with name cards and microphones for committee chair Maria McRae, city manager Kent Kirkpatrick and Plasco CEO Rod Bryden.

It would all have amounted to a fairly awkward setup — jilted vendor side-by-side with the city officials who'd just pulled the plug on him — had the outcome of that day's vote been at all in doubt. But it wasn't. The new financing deadline, everyone was repeatedly assured, doesn't affect the plan to get the Plasco plant running by March 2016.

But still the tough talk continued.

"Certainly I think Mr. Bryden heard today that we're putting his feet to the fire," said McRae. "Come to the table once, but please don't come back any more."

Of course, counting the first extension the city granted back in February, which runs out at the end of this month, that's two trips to the table already, and if Plasco runs out of time again at the end of 2014, after the municipal election, who knows who'll be sitting there for the third?

The Trail Road landfill is currently expected to last until 2035, a science-fiction-sounding year that's only two short decades on the horizon. If Plasco can, as promised, burn 300 tonnes of trash a day, about a third of what we throw out, we're told we can keep using our dear old dump until 2070. If not, the city won't be out any money, just lost time in pursuing options apart from incineration, a new landfill or paying to ship our trash elsewhere.

A new colleague lost little time in noticing there seemed to be considerably more noise than signal in the Plasco debate. Was it, she ventured, just that everybody is so fond of talking?

ZOOM

On paper, they're famous stars

COURTESY GILES OLDERSHAW

Showbiz icons cut out of cardboard

An artist in Oxford, England, has turned discarded cardboard into portraits of iconic Hollywood stars. Giles Oldershaw, 59, stripped and added layers of the stiff paper packaging to highlight each personality's facial features. Those portrayed include, clockwise from top left: Audrey Hepburn, Marlon Brando, Marilyn Monroe and Alfred Hitchcock. METRO

Q and A

One man's trash

GILES OLDERSHAW
Artist, 59, from Oxford, England

What's your technique?
With one eye on a photograph of the star, I use a scalpel and a pair of tweezers to remove layers of cardboard to create defining features.

Where did your love for cardboard come from?
I grew up in the outback of Australia, my family was very poor and I didn't have many toys. Instead, I got used to using found objects from the local dump.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I spent a big chunk of this weekend travelling, which means I also spent a big chunk of it whiling away the hours on iOS games. These are the games I was playing:

Plants vs. Zombies 2:

The wildly anticipated sequel to Popcap's wildly successful flora-versus-the-undead epic is finally out. Plant aggressively defensive plants with varying abilities in front of your house to keep it safe from the invading zombie horde. The choice to go freemium was controversial, and I'm on the anti-side. The in-app purchasing is handled fairly well, but I would have been happier to pay a few dollars for the full game. (iOS/Free)

Clash of Clans:

Another addictive free-to-play time-suck, Clash of Clans is a little older but new to me. Build a village containing all the buildings and supplies your average tribe of fearsome warriors may need. Hone your battle skills with skirmishes against the game's AI armies to prepare for the first invasion from a real-life player. It's all huge fun. (iOS/Free)

Fetch:

A heart-melting, point-and-click adventure starring a boy and his dog — or a boy and a search for his dog, rather. Aimed squarely at younger gamers, the storybook presentation and colourful cast of characters will hook anybody who doesn't have a heart of stone. (iPad/$4.99)

Twitter

#VMAs #timeless

@VictoriaJustice: So excited for the VMA's... heard there might be an @NSYNC reunion :O Anyone else watching? #VMA

@troyesivan: Waking up extra early today to watch the #VMAs live, because time zones are a thing

@maggiewrobel: N Sync reunion pending, I would also accept JT performing 'Justified' in its entirety

@SoVeryAwkward: That awkward moment when you're irrationally excited for the #NSYNC reunion tonight. #VMAs

@mikesbloggity: Wake me when there's a Moffatts reunion. #VMAs

@jennxpenn: So proud of my friends @jccaylen @alexalosey & @LOHANTHONY at the VMAs. Such a cool experience, hopefully one year I can go too! #VMAs

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Stay-at-home socialites

Slice's newest clique under the microscope is a group of six well-off ladies living with their parents on Long Island. But the young women of Princesses: Long Island want you to know that beneath the expensive bags and the Jimmy Choos are six girls just trying to make it in the world. Here's a look at each of them. Princesses: Long Island premieres Monday. **METRO**

Chanel (Coco) Omari, 28

Chanel grew up in a modern Orthodox Jewish family and dreams of one day becoming a talk show host.

On moving back home: "We went through what everybody went through with the economic crisis. We all lived in the city at some point; we all tried to manage, and we couldn't, so we had to move back home. It doesn't mean that we're all not trying to find our independence."

Casey Cohen, 28

The leggy blond is probably the least Long Island of the bunch — she spends her days working up a sweat at SoulCycle and lounging at the SoHo house rooftop. At night, she waitresses at trendy Meatpacking spot 1 Oak.

On relying on her girlfriends "Every girl wants to be a princess. I want to find that prince, but I haven't, so we have each other to go through that process."

Ashlee White, 30

Though she loves living at home with her best friends (her parents), Ashlee looks forward to the day that she can be a stay-at-home mom and treat her husband like royalty. Fun fact: Her parents have a pool in the shape of an Absolut bottle.

This ain't no Jersey Shore: "Right now everyone is getting to know our names, and I can't wait for them to really know our stories, because we're so relatable, and once they hear our stories, the stereotypes — I feel like — will just disappear."

Erica Gimbel, 29

Erica loves singing, dancing, hitting the beach and spoiling her two Cavalier King Charles spaniels.

Mall day or beach day? "Roosevelt Field stresses me out. Me and Amanda can be seen on the beach with SPF maybe four or eight with sunshields."

On being a Princess: "We're all very comfortable in our own skin, and we're all confident and unapologetic on who we are."

Amanda Bertoncini, 27

Amanda lives with her mom and runs her company, The Drink Hanky, which makes beverage sleeves to keep drinks warm and cool. She met her main squeeze, Jeff, on the Long Island Railroad.

Where to find her this summer: "I love Long Beach."

No horse-drawn carriage for her: "This princess rides the subway. I just have no patience. I just want to get there. When I drive in the city, I just want to, like, run over someone. Not literally."

Joey Lauren, 30

Joey moved out of the city and back with mom and dad after getting her heart broken. She's currently working on growing her business, Kissamint LLC, which packages lip gloss and breath fresheners together in one unit.

Where to find her on a summer day: Field 4 at Jones Beach

On potential suitors from outside Nassau County: "If I was trying to find love that wouldn't matter to me."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Harry Styles. ALL PHOTOS GETTY IMAGES

Bring on Mean: The Sequel, Styles ain't scared

Harry Styles knew what he was signing up for by dating Taylor Swift — and he's ready for the songs she'll likely write about him.

"It would be hypocritical for me to say she couldn't do it because everybody writes songs based on personal experiences," he tells Us Weekly. "I can't say I'd have dated someone less famous to avoid it. At least she's a great songwriter."

The Word

Rich celebrity wants you to know it's not all that great

Robert Pattinson wants everyone to know that fame is not all it's cracked up to be.

"People don't realize how lonely you are," he tells GQ magazine.

"It's strange; you don't have a normal life anymore. You spend much time trying to fight it, but in the end you find another way to live."

And that's not all.

"When you become famous, it's easy for some people to hate you just because you are famous," he adds. "That's why, sometimes, you beat yourself up."

Alec Baldwin

One more added to the Baldwin flock

Alec Baldwin is a father once again. His wife, Hilaria, gave birth to a baby girl this weekend in New York, she confirmed on Twitter.

"We are overjoyed to announce the birth of our daughter Carmen Gabriela," Hilaria wrote. "She is absolutely perfect."

While this is the couple's first child, it's the second for Baldwin, who also shares 17-year-old daughter Ireland with his ex-wife Kim Basinger.

Simon Cowell

Cowell spotted with Silverman

Simon Cowell was spotted on the beach in St. Tropez walking hand-in-hand with Lauren Silverman, the recently divorced woman pregnant with his child, according to TMZ.

This marks the first time Cowell has stepped out in public with Silverman since news of her pregnancy broke earlier this summer.

"They're definitely a couple," a source says. "The relationship is loving and they're very happy together."

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Zayn Malik

Zayn headed in one direction, down the aisle

Days after news of his engagement to Little Mix singer Perrie Edwards broke, One Direction member Zayn Malik took to Twitter to share his feelings about the big news.

"Never been more happy in my life," he wrote. "Thank you to everyone that has been so lovely about my engagement to my beautiful fiancé."

Twitter

@justinbieber
art is everywhere

@LilTunechi
Noticed I wasn't nominated nor involved n da MTV VMA's nor da BET awards...I apologize to my fans and I promise 2 work harder if it kills me

@WhitneyCummings
Jesus how many Sarsgaards are there?

Book excerpt

Online boss

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Basically, there is no better place to be the boss of your kids than in the world of social media. It's a privilege, not a right, for them to be there. Use your common sense and monitor them. Take, for instance, the concept of Facebook creeping. As a parent, this is a valuable management tool when it comes to finding out what your children are doing that they consider being brag-worthy. In other words, things they shouldn't be doing and don't want you to know about.

Should you discover any unsavoury material on their page — which could include drinking, damaging public property, tattooing, or, worst of all, dissing their mother — punish them without explaining why. This is a perfect opportunity to pull out the "If you have to ask why, then you truly must think I am stupider than I am." (You may not want to use stupider in this particular context.) Creep their friends too, and tell on them to their parents. They're the boss of their kids too, remember? FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013, WHICH HAS BEEN OPTIONED BY WARNER BROTHERS TELEVISION.

Exclusively online

"Why do you keep asking WHY?!" Read Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in bookstores across North America Sept. 10.

Back-to-school kitchen juggle

Michael Smith.
The chef, TV personality, writer, environmentalist and dad shares his tips

THERESA ALBERT
DHN, RNCP
myfriendinfood.com

Chef Michael Smith believes keeping it simple is key to surviving the back to school rush and the kitchen in general. COURTESY THERESA ALBERT

1. Smith's kids love to cook pancakes on the weekend, so they make a whole-grain batter, double it and use it up the next day for waffles. Seasonal fruits and homemade compote make quick, healthy breakfasts.

2. Decide that the kitchen is fun, not work. Don't worry about the cleanup part. Just create a system to make quick work of that too.

3. Serve all meals "family style" on platters to please everyone's palate and hunger level. The leftover components can be transformed into lunches.

4. Cook outside on the grill as long as you can while the weather is good. Grill a bunch of fish fillets, chicken breasts or legs at the same time and toss into salads.

5. Have a fridge shelf designated for fruit and chopped veggies, ready for the after-school rush. Kids are hungry at this time and you have more of a chance to "hit the mark."

6. While you are cooking dinner, put an extra pot on the back burner with veggie ends, peels and bones. This makes a very nourishing soup or broth for rice. Reduce it all the way down after straining and it can become a sauce.

7. Make baby food out of whatever you have on the go. Mash and jar, then freeze.

8. Cook your basics in advance when you have time. Quinoa, wild rice, beef, tomato sauce and the like do very well in the fridge throughout the week.

9. Have a neighbourhood baking rally. Trade off muffins, biscuits, breads and loaves to get everyone in on the process.

All in all, Smith believes removing fear of cooking is key to getting back to basics (which is the name of his new cookbook, by the way ... go figure!) and surviving the back-to-school rush.

Clean-up system

Having a system to make cleanup easier encourages you to get into the kitchen more often. Smith shares these cleanup tips:

- **Dishwasher.** Smith is a big fan of a dishwasher that is clean and dishes that are spotless. He swears by Cascade Platinum because he doesn't have to rinse or hurry, so it saves time and effort.
- **On the go.** According to Smith, the discipline of "cleaning as you go" translates into better cooking. He believes that "every craft benefits from discipline."
- **In a bowl.** Use a garbage bowl for compost and dishes for all ingredients. It is more efficient and safer to stick dishes in the dishwasher than it is to clean the counter.
- **Wipe away.** Wipe baking spills from pans with a moist clean cloth before you bake so sugars don't burn. Small drops make bigger problems.
- **Maximize.** Have a dishwasher system that uses your dishwasher to the max. Stacking well also makes unloading a snap.

There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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Tomatoes, cheese and basil: the perfect trio for couscous

ROSE REISMAN
rosereisman.com

Israeli couscous is a small, round semolina pasta, different from the tiny, yellow North African couscous.

This recipe serves four. CONTRIBUTED/ ROSE REISMAN

Ingredients

- 1 cup (250 ml) Israeli couscous
- 1 cup (250 ml) diced Roma tomatoes
- 1/4 cup (60 ml) crumbled goat cheese (about 1 oz/30 g)
- 1/2 cup (125 ml) shredded Havarti cheese (1.5 oz)
- 1/3 cup (80 ml) chopped green onions
- 1/3 cup (80 ml) chopped fresh basil or parsley
- 2 tbsp (30 ml) grated Parmesan (or Asiago) cheese (0.5 oz)
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) finely chopped garlic
- pinch of salt and pepper

It's often referred to as pearl pasta because of its shape and texture.

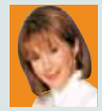
Although it is becoming more readily available, you may have to go to a specialty store to purchase it. You can substitute very small pasta.

1. Bring a large pot of salted water to a boil and add the Israeli couscous. Boil for about 8 minutes or just until couscous is tender. Drain well and add to a serving bowl.

2. Add the tomatoes, goat cheese, Havarti, green onions, basil, Parmesan, olive oil, garlic and salt and pepper. Toss well and serve warm.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

We all have cravings for something a little sweet sometimes, but biting into a certain sticky treat will cost you in calories, fat and sugar.

Cinnabon pecan cinnamon bun

1,080 calories/50 g fat/76 g sugar

One will cost you the majority of your calories, fat and double your daily sugar intake with no nutrients.

Equivalent

One Cinnabon pecan cinnamon bun is equal in fat to 13 mini Drumstick caramel ice cream cones.

Butter Tart

340 calories / 14 g fat / 27 g sugar

If you really need a treat, then choose the butter tart. It's not a good nutritional choice but is much lower in calories, fat and sugar.

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Side. Lentil Tabbouleh

In this take on Tabbouleh, start by swapping out the traditional cracked bulgur wheat base. This recipe uses green lentils, which are packed with nutrients, low in fat, and high in fiber and protein. Plus, they have a subtle flavour, perfect for a salad with plenty of other robust flavours.

1. Bring a medium pot of salted water to a boil. Add the lentils and cook until al dente, about 15 minutes.

2. Use a mesh strainer to drain the lentils, then spread them in an even layer on a rimmed baking sheet. Transfer to the refrigerator to cool.

Ingredients

- 2 cups dry green lentils
- Salt
- 1 cup chopped fresh parsley
- 2 tbsp chopped fresh thyme
- 2 tbsp chopped fresh oregano
- 4 cloves garlic, minced
- 3 stalks celery, diced
- 1/2 cup sliced Kalamata olives
- 1 red bell pepper, cored and diced
- 3 tbsp red wine vinegar
- 3 tbsp lemon juice
- 2 tbsp extra-virgin olive oil
- Ground black pepper
- 1/2 cup slivered almonds, toasted

3. Meanwhile, in a large bowl, combine the parsley, thyme, oregano, garlic, celery, olives and red pepper. Set aside.

4. In bowl, whisk together the vinegar, lemon juice and olive oil. Drizzle the dressing over the herbs and vegetables, then mix thoroughly. Once the lentils have cooled (they don't need to be chilled, just no longer hot), add to the bowl and mix well. Season with salt and pepper, then sprinkle the almonds over the top. THE ASSOCIATED PRESS

From scary to sanctuary. Love where you learn, and you'll turn out fine

Michael Reist, author of What Every Parent Should Know About School, argues that the ways in which students of today are taught must be carefully rethought. GALIT RODAN / THE CANADIAN PRESS

He has retired after three decades in the classroom, but concerns for current and future generations of students remain front of mind for Michael Reist — particularly youngsters who may feel ill at ease within the school environment.

"School should be a happy place that kids like to go to. That's my dream. And I saw too many kids that hated it and for whom it was even damaging, and an incredible loss of human potential in kids who had so much to offer," recalled the longtime teacher who lives in Caledon East, Ont.

"But because of the way the school system works, they were made to feel stupid. They were made to feel excluded. Their self-esteem was damaged. And I want to talk about that. I want to open up a conversation and I want to get parents involved."

In his new book, What Every Parent Should Know About School (Dundurn), Reist looks at the physical, emotional and social environments within schools and the students and educators who comprise the system.

While his book is geared toward parents, Reist also encourages discussion among teachers and administrators to examine strengths and weaknesses within the current system. The father of four also stressed the need to listen to kids and to observe how they demonstrate their feelings about school in words and actions — all an effort to create more effective strategies to help them thrive.

THE CANADIAN PRESS

Males on the move

Reist has spoken frequently to parent groups and education conferences across Canada with workshops centred on gender differences and learning.

- In the book, he writes that one reason boys fall behind in school is because they favour spatial activities that are enticing to the male brain — a contrast from the largely logical, linear and verbal functioning of the school environment which is generally more comfortable for the female brain. While literacy in boys should be encouraged, "we must also find ways of tapping into their natural love of movement."

Before that bell rings, let's discuss a few things

Let's talk about stress, baby! Maintaining an open dialogue with your young student about their back-to-school concerns will ease a tough transition

Practising the walk to school or shopping for new clothes and school supplies can help kids become more comfortable with what is to come. DARRYL DYCK / THE CANADIAN PRESS

Back-to-school time can be back-to-stress time for kids of all ages. But experts say there are ways to help them cope with the anxiety that can be triggered by the return to the structured environment of the classroom.

Preparing kids for what is coming up, getting them back into a regular sleep routine, reconnecting them with school friends they may not have seen over the summer — these and other techniques will help with the readjustment, according to these experts.

But the most important approach may be just to talk with and listen to children, adolescents and teens about what worries them when they think about the resumption of classes, says David Wolfe, a psychologist and senior scientist at Toronto's Centre for Addiction and Mental Health.

"And to say, 'I understand it's tough to go back to school. The more you talk about it, the more you tell me what's going on, the more I can at least listen and help you if I think I can,'" says Wolfe, who works with children and teens.

It's entirely normal to feel a degree of stress associated with the start of school, experts say.

Young children who are going to school for the first time can be fearful about facing the unknown and worried about being separated during the day from a parent or a trusted caregiver.

Older children who've already been in school may dread the return to a regimented world where they have to buckle down to work. "There's nothing abnormal about going from a low responsibility situation in the summer to a higher one and feeling anxious about it," Wolfe says.

Teens may be worried about fitting in at a time of life when fitting in can be all-important, but tough to do.

"You're under more stress as you go into middle school in particular. More stress because of all of the rapid changes in your development and expectations and sexual stress and so forth," Wolfe says.

It ain't weird to worry

"There's nothing abnormal about going from a low responsibility situation in the summer to a higher one and feeling anxious about it."

David Wolfe
Psychologist and senior scientist, Toronto's Centre for Addiction and Mental Health

"You start looking at the world in black and white again. 'I better do this and not that in order to be accepted. ... I've got to make sure that I'm not picked out as being different.' So it's very stressful."

He notes that some anxiety is a good thing; it's part of the intrinsic human wiring, designed to help us survive real threats. "It's a way of negotiating the world, staying away from certain dangerous objects and that (sort of thing)."

But too much anxiety can be debilitating and a sign something else is at play. A young child may be experiencing separation anxiety — over the loss of constant access to a parent — that makes it hard for him or her to adapt to school. Or a child who is returning to school may have been bullied in the past and may be fearful about having to face a tormentor again.

"It's always good to ask those questions or just ask, 'Is there anything else you worry about?'" Wolfe says.

The Psychology Foundation of Canada suggests starting to prep kids for school at least a week before classes resume.

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What dream careers may come...

Passion before pennies. Leaving a mark means more in this modern day than making millions

MAJA LUNDAGER
Metro World News

Get to thinking about greener pastures. Ask yourself: What excites you? What makes you get up in the morning? Try the potential paths you might want to follow and cross off the ones that didn't work for you. ISTOCK

Finding and pursuing a dream job seems like a big job unto itself — just getting by is overwhelming enough. In their book Build your Dreams: How To Make a Living Doing What You Love, Alexis Irvin and Chip Hiden collected advice from dream-chasing Americans who told them how they made it work and chased their passions.

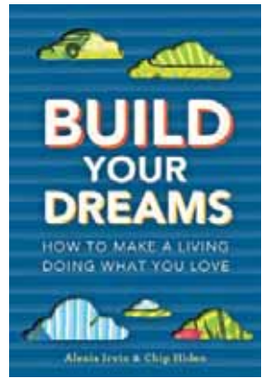
In 2009 Irvin and Hiden graduated from college and started working, but it didn't take long for the two to realize it wasn't the right choice for them. They quit their jobs, packed up their stuff and drove across America, interviewing successful people who had found work that they were passionate about. Their research turned into a movie called The Dream Share Project, which inspired their book of advice from their long trip.

In the past, work meant earning a salary and dreams were for your spare time. Why is having a dream job so important today?

Chip Hiden: The definition of how we define success, at least in America, is shifting somewhat. Today I think that people are finding that happiness also can drive what you do with the time you give to honest work. You (can) make a lasting contribution. And I think that young people are starting to think more about the legacy they will leave. What type of mark are you going to leave on the earth? We are not just thinking about money.

How much space does hunting for a dream job leave for other things in life?

Alexis Irvin: I think that it requires a lot of work, maybe for a long time, so it depends on where your priorities lie. Maybe there are a few years where you will be really career-focused, but then you can switch to another focus later on.



CH: One thing we have noticed is that people who pursue their dreams, as opposed to just doing a job to earn money, tend to be more happy and passionate. That happiness and passion reflects on other areas of their life, too. We have talked with so many dream chasers that are full-time parents and teachers (who are also) going to school as they pursue their dreams and I really don't think this whole myth that chasing your dream will consume your whole life is true.

Let's try one "what if'— question. What if you reach your limit before the goal?

CH: One thing that we found is that it's not necessarily obtaining whatever the goal is (that matters). It's more the journey along the way that is the really rewarding and exciting part. In our case we made the film, which was super exciting, and then we were like, 'OK. Now let's try to write a book.' Try to enjoy the journey and take some time to look around and realize that you are pursuing something you care about.

On the move? A guide for first timers

Afshin Rahimi was used to cooking and doing laundry while at home in Iran, but faced new challenges after leaving the country to study abroad.

"Before, my focus was more on my studies, but when I came here, I had to balance it," said the 25-year-old graduate student. "I had to go grocery shopping, I had to pay the bills. And on the side, I had to do assignments ... do the research, deal with the professors and all that."

Rahimi is currently completing his PhD in aerospace engineering at Ryerson University in Toronto, sharing a one-bedroom apartment a stone's throw from campus. Despite the challenges, Rahimi said the chance to live on his own has been beneficial in his personal development.

"You don't always have your parents to protect you, so you need to grow and learn how to protect yourself."

Even in their physical absence, parents can still lend key moral support to kids primed to leave the nest, said Cindy Babyn, author of Moving Out! A Young Adult's Guide to Living on Your Own (General Store Publishing House).

"They can frame moving out in a very positive manner, saying, 'Oh, this is a great opportunity for you,' while at the same time reminding them that they're just going to be one phone call away or one email away to help them out," she said.

The author also shared some tips for youngsters pondering or planning to live away from home.

"I would suggest youth really do spend time looking around the neighbourhood, around the apartment where they're going to be," said Babyn, adding that house hunters should determine proximity to transit, the laundromat and other essential services.

Managing money is also vital. "Besides the emotional stress of the unknown and going out on your own, one of the major stressors is the financial aspect," said Babyn. "Youth should know in advance that they are choosing to go into a place that they can afford."

In addition to making coffee and meals at home, Babyn recommended scaling back on gift-giving if money is tight.

Picking the right roommates before setting up house is also critical. Youth must be honest about who they are and their expectations for the home to ensure they're well-matched with roommates.

"If I want to go to bed at 10:30 p.m. and my roommate is just getting their energy up at 10 p.m. — so they want to walk around, they want to cook, they want to watch TV, and they want to turn on the music and it's one in the morning and you want to try to get your sleep — this is a recipe for disaster," she said. THE CANADIAN PRESS

Afshin Rahimi. GALIT RODAN/ THE CANADIAN PRESS

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I'm uncertain about Junior's ensemble...

Clothed in concern.
How to convey that less dress doesn't always impress

Before her daughter leaves the house, Elena Grant has established a rule to help ensure her teen's ensemble isn't too revealing.

"She's got to lift up her arms, and if her shirt comes up above her belly, she's got to put a cami(sole) on or tank top."

As owner of online tween clothing boutique Sofiabella.ca — which also operates a retail store in North Vancouver —Grant makes a concerted effort to carry age-appropriate clothes and to offer alternatives to more suggestive or grown-up offerings targeted to the younger demographic.

"It has to be on trend. The girls want to be in style," said Grant, mother to 15-year-old daughter Sofia and sons Josh and Ben.

"So what the challenge is is in finding pieces that have the look of what's current but that's cut appropriately for their bodies and nothing that's going to be too sophisticated or too sexy."

While the '80s, off-the-shoulder look is in vogue, Grant said she aims to stay away from such selections as much as possible. Instead, she'll try to find styles that don't completely bare the shoulder and encourage girls to wear tank tops with wider straps underneath to "get a bit of the look without going overboard."

Grant said she has engaged in a lot of open communication with Sofia on the subject of fashion choices and stressed the importance of "what you say to the world by what you wear."

"Even though you think the pair of cute little cutoff jean shorts are trendy and in style and comfortable, what are you saying to the world when half your butt is showing or your bra strap is showing or your belly is showing?

"Right or wrong, people make a judgement on what you are based on what you wear, especially (after) a first impression. Now that she's older, she understands it a lot more."

THE CANADIAN PRESS

The smart way to style

Jennifer Kolari, a family therapist in Toronto, acknowledges that once youngsters reach their later teen years, parents can't engage in battles over clothing in the same manner.

- This is why it's important to engage in a dialogue with kids early on about the symbolism of clothing and the image or look they want to portray through their dress, she noted.

Elena Grant poses amongst clothing for sale at her home-based business Sofiabella, which sells age appropriate clothing for pre-teen girls, in North Vancouver. DARRYL DYCK / THE CANADIAN PRESS

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Jays starter Mark Buehrle flips a grounder to first base for a seventh-inning out against the Astros on Sunday in Houston. PAT SULLIVAN/THE ASSOCIATED PRESS

Buehrle helps bring Blue Jays out of slide

MLB. Lefty showing proclivity for coming through when Toronto falls into tailspin

Toronto might start calling Mark Buehrle the streak buster.

For the second time this season, Buehrle ended a Blue Jays seven-game losing streak Sunday.

He allowed one run over eight innings and the Jays rallied for two runs in the ninth inning to walk away with a 2-1 win over the Houston Astros.

Buehrle (10-7), who also ended the Jays' previous seven-game skid with a shutout against the Houston Astros on July 25, allowed seven hits and struck out seven in winning his fifth straight. He has allowed seven runs over 27 innings, spanning his last four starts.

"If you last long enough, good things are going to happen," Buehrle said. "It would be nice to get runs early on, but you have to tip your hat to their pitcher keeping the guys off balance when you got guys on, getting ground balls. Tip your hat to him for not letting us score. Again, we battled until the end. That's why you play 27 outs. We scored runs at the right time."

With the win, Buehrle has earned at least 10 wins in 13 straight seasons, which matches CC Sabathia for the longest active streak in the majors.

"I'd rather forgo some of the personal stuff for being in a better position than where we are right now," Buehrle said. "At the end of the day, when the season is over and you look at the season, I feel like I am having a decent season, but I have six or seven starts left, so I have to finish strongly and get as many wins as I can."

Casey Janssen pitched the ninth for his 23rd save.

Houston starter Dallas Keuchel gave up four hits and three walks with two strikeouts in seven innings.

THE ASSOCIATED PRESS

On Sunday

Blue Jays	Astros
2	1

MLB

Towering homer sends Tigers to win

Miguel Cabrera hit a mammoth homer, Rick Porcello enjoyed a happy homecoming and the Detroit Tigers polished off a three-game sweep of the Mets with an 11-3 victory on Sunday in New York.

The AL Central-leading Tigers improved to 12-5 in interleague play and have won 34 of 49 overall, the best mark in the AL since July 2. THE ASSOCIATED PRESS

Golf

Scott good enough to grab Barclays championship

Masters champion Adam Scott won The Barclays on Sunday after everyone around him did their best to lose it.

Scott played bogey-free and closed with a 5-under 66. He finished an hour before the final group, and watched from the locker-room at Liberty National in Jersey City, N.J.

Graham DeLaet of Weyburn, Sask., shared second place with Tiger Woods, Gary Woodland and Justing Rose with a low final-round score of 65. THE ASSOCIATED PRESS

Adam Scott on Sunday in Jersey City, N.J. GETTY IMAGES

Ko knows winning the Canadian Open

Lydia Ko of New Zealand tees off on the 14th hole of the final round at the Canadian Open on Sunday in Edmonton. STEPHEN DUNN/GETTY IMAGES

Teenage golf phenom Lydia Ko made history Sunday at the CN Canadian Women's Open.

The 16-year-old from New Zealand shot a final-round 64 to finish at 15 under for a five-stroke victory over Karine Icher.

Ko became the youngest winner of an LPGA event last year when she won the Canadian Open at the Vancouver Golf Club at age 15. With Sunday's victory, she becomes the first amateur in history to win two LPGA events.

Ko started the day one shot back, but shredded the course at Royal Mayfair Golf Club in Edmonton with five birdies on the front nine and never looked back.

She had seven birdies in total and curled in a birdie putt from 16 feet out on the final hole to cap the day.

"I hit a really good drive on one and I kept it to the fairway, and I think that kind of got my momentum going," Ko said. "I was in a little bit more of a pressure position (as defending champion), so I was really happy with my 64."

Unfortunately winning is becoming an expensive proposition for Ko, who was born in South Korea but grew up in New Zealand.

As an amateur, she cannot accept the $300,000 first prize, which instead goes to Icher. Ko has played in 14 LPGA events over the last two years, leaving almost $1 million in prize money on the table. Ko said she's still considering asking the LPGA for an exemption to let her turn pro before she's 18.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may think you know all there is to know about a friend, but do you? Something you discover today will surprise you and require you to look at them in a new light. Maybe they're not so predictable.

♉ Taurus
April 21 - May 21
You have lots to do this week and you must get help. If you attempt to do it alone, you will most likely end up in a mess and get angry at the world.

♊ Gemini
May 22 - June 21
Make sure you know what is expected of you before you agree to take on more responsibility. You may be desperate to get ahead in your work or boost your income but it cannot be at any cost.

♋ Cancer
June 22 - July 23
Minor disagreements may get out of hand today, so try not to speak or act in a manner that could be seen as threatening. One minor spark could be all it takes to ignite a major blaze, so be extra careful.

♌ Leo
July 24 - Aug. 23
It's easy to blame others when things go wrong but on this occasion, the fault lies with you. Once you own up to that, you can find a way to put things right again. Others will help.

♍ Virgo
Aug. 24 - Sept. 23
You may be desperate to make a new start and the Sun in your sign makes it possible but don't push too hard today. Whatever choices you have in front of you there will be even better ones later in the week.

♎ Libra
Sept. 24 - Oct. 23
Venus in your sign is at odds with Uranus, planet of the unexpected, today, which suggests that someone close will be pushing to make changes. Let them. It's unlikely they will affect you.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry if you don't seem entirely "with it" at the moment. The challenges of the weekend have taken their toll and it may be a day before your mind is completely switched on again.

♐ Sagittarius
Nov. 23 - Dec. 21
There are a thousand and one things that need doing in your life and you know if you don't start on them now, they will never get done. Be ruthless in your time management.

♑ Capricorn
Dec. 22 - Jan. 20
You may be tempted to use shock tactics today but the planets warn it's not a good idea. You may even make things worse by provoking others to respond in kind.

♒ Aquarius
Jan. 21 - Feb. 19
You are right and everyone else is wrong. That's the way you look at it and no one is going to convince you otherwise. This time tomorrow though, you'll be having second thoughts.

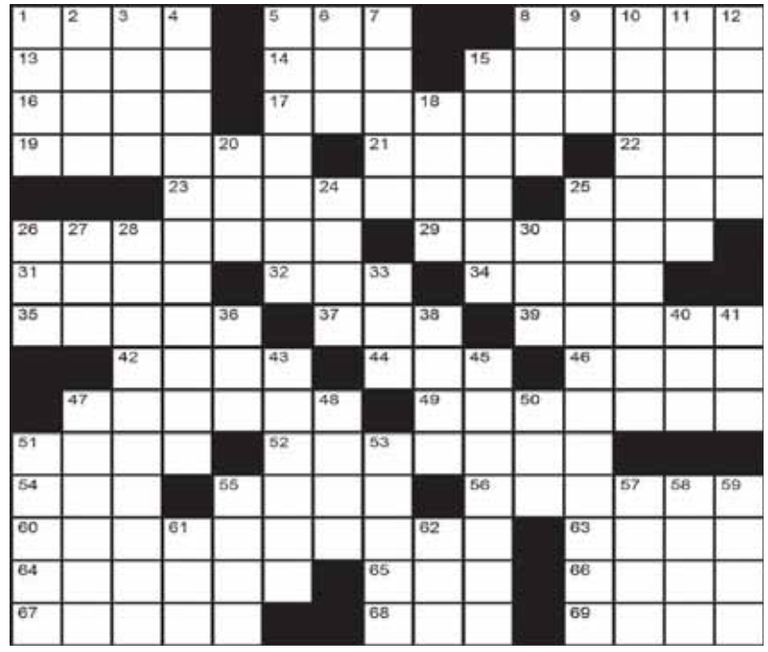
♓ Pisces
Feb. 20 - March 20
For some strange reason you fear the worst, even though there is no obvious reason why you should. Listen to your instincts but don't let them paralyze you into inaction. Just this once, they could be wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

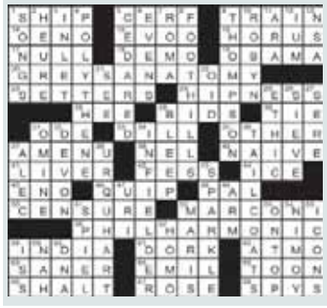
BY KELLY ANN BUCHANAN



Across
1. Type of lettuce
5. US airer of "Mad Men"
8. Lady's Disney dog co-star
13. Nabisco treat
14. Mauna __ (Hawaiian volcano)
15. Singer Justin
16. Harbinger
17. Rap act, __ & Ryan Lewis
19. From whence 'Canada' originates
21. Cocktails, Mai __
22. Hi-__ graphics
23. Popper-outer-of-pop, __ machine
25. Afflicts
26. Ms. Lansbury's
29. Scooby-Doo's master
31. Diving bird
32. Nero's 155
34. Ms. Spelling
35. Shindig
37. As written
39. Varieties
42. Couples
44. Ms. West
46. Organized†crime boss
47. Mom-portrayer on #8-Down, Meredith Baxter __
49. Banting and Best... Canadians who co-discovered what?
51. "Groove Is in the Heart" by __-Lite
52. City __ (Municipal body)
54. German 'I'
55. Water bird
56. Eye part
60. Cavity causer: 2 wds.
63. Les Etats-__ (United States, in French)
64. Villager, say
65. Around-the-track unit
66. Newfoundland's nickname, The __
67. Designer Mr. Cassini's
68. Approx.
69. Particular baa-ers

Down
1. Oprah's Club link
2. "__ la Douce" (1963)
3. "__ there, done that."
4. New __, Nfld.; or, Place __ (Montreal building)
5. The Old Farmer's __
6. Bygone bird
7. Prickly desert plants
8. Michael J. Fox sitcom, "Family __"
9. Shortened sleep state
10. APTN = __ Peoples Television Network
11. Just
12. Iron
15. Scourge
18. Wichita's li'l state
20. __ Aviv, Israel
24. Fast web connections
25. Farming
26. High peak
27. Cacharel perfume
28. 'Mr. Hockey', Canadian legend from Saskatoon: 2 wds.
30. Hunky-dory
33. Energy
36. Poetically far
38. Abel's brother
40. Printer resolution meas.
41. Bart, to Homer
43. Break from a group
45. Convert into secret code
47. Stay groovy: 2 wds.
48. Yesteryear
50. "Sprechen __ Deutsch?"
51. "Same here."
53. "Full House" character, __ Jesse
55. Not that
57. "_ ___ pronounce you..." (Altar words)
58. Pleasant
59. Questions
61. 1987 to 1994 'Star Trek' series, to fans
62. Writer Mr. Milne's

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3				9		
	9		2		6		7	
6	8						3	4
		5	3		4	6		
1								7
		2	5		9	8		
3	2						5	1
	4		8		3		2	
		6				3		

Friday's Sudoku

8	4	7	2	5	9	1	3	6
2	5	3	1	6	4	7	9	8
1	6	9	8	7	3	4	2	5
3	9	1	4	8	2	6	5	7
7	2	5	9	1	6	8	4	3
6	8	4	7	3	5	2	1	9
5	1	8	3	2	7	9	6	4
4	3	2	6	9	8	5	7	1
9	7	6	5	4	1	3	8	2

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